

KINDRED SPIRITS SOCIAL CLUB



July, 2015

Happy 4th of July to Kindred Spirits' members and their families. Summer has arrived and we have plenty of cool activities going on here at the Club. This month we'll have our annual crab cake luncheon with the 50+ Center, *Two for the Show* will entertain us and we'll be cooking with Torry. So come out and join us at the Club.

—Judy, Andrea & Bridget

HOURS 9 AM - 1 PM

Monday, Wednesday,
and Friday

IMPORTANT NUMBERS

Judy Miller

(410) 313-5441

Chris at Front Desk

(410) 313-5440

Regional Transit Agency

1-800-270-9553

Maryland Access Point

(410) 313-5980

Alzheimer's Association

(410) 561-9099

News & Notes:

The Center will be closed on Friday, July 3, in observance of Independence Day.

It is often cool in our rooms, so please dress appropriately and bring or wear a lightweight jacket or sweater.

If you can't attend for any reason, please leave a message at 410-313-5441 or email jumiller@howardcountymd.gov, or abryant@howardcountymd.gov

Resource Information

RTA Paratransit Services: 1-800-270-9553, Press 3 and follow prompts.

Maryland Access Point (MAP): Provides free information and assistance for older adults and persons with disabilities. Contact them at 410-313-5980 for more information.

Caregiver Corner

As a caregiver, your goal is to give the person you are caring for the power and the permission to be in control of his or her own life, as much as possible. Every act your loved one makes to maintain independence is a victory for you as a caregiver.

- Let the person make as many decisions as possible.
- Simplify by dividing tasks into simpler steps.
- Allow for mistakes and less-than-perfect results.
- Reward both the effort and the result.
- Match tasks with abilities.

<http://www.webmd.com/balance/tc/caregiver-tips-caregiver-tip-number-2-dont-help-too-much>

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Monday	Wednesday	Friday
	1 Coffee & Conversation Qi Gong Library Series Lunch	3 Closed Independence Day Holiday
6 Coffee & Conversation Exercise w/Sara Debbie Sing-a-long Lunch	8 Coffee & Conversation Exercise w/Susan Jeopardy Lunch	10 Coffee & Conversation Gentle Yoga iPad Games Crab Cake Luncheon
13 Coffee & Conversation Exercise w/Sara History of Broadway Lunch	15 Coffee & Conversation Civil War: Lincoln's Funeral Train Exercise Lunch	17 Coffee & Conversation Gentle Yoga Two for the Show Lunch
20 Coffee & Conversation Exercise w/Sara Cooking w/Torry Lunch	22 Smoothie Bar Coffee & Conversation Qi Gong Support Group Lunch	24 Coffee & Conversation Gentle Yoga Mt. Vernon Place Lunch
27 Coffee & Conversation Exercise w/Sara Painted Washer Craft Lunch	29 Coffee & Conversation Exercise w/Susan Music w/Tom Lunch	31 Coffee & Conversation Gentle Yoga Crossword Puzzle Lunch

If you need this publication in an alternate format, call (410) 313-5442 or (5441). To request a sign language interpreter or other accommodations to attend an event, please call one week in advance.